



GV

491

.C3

Author

Title

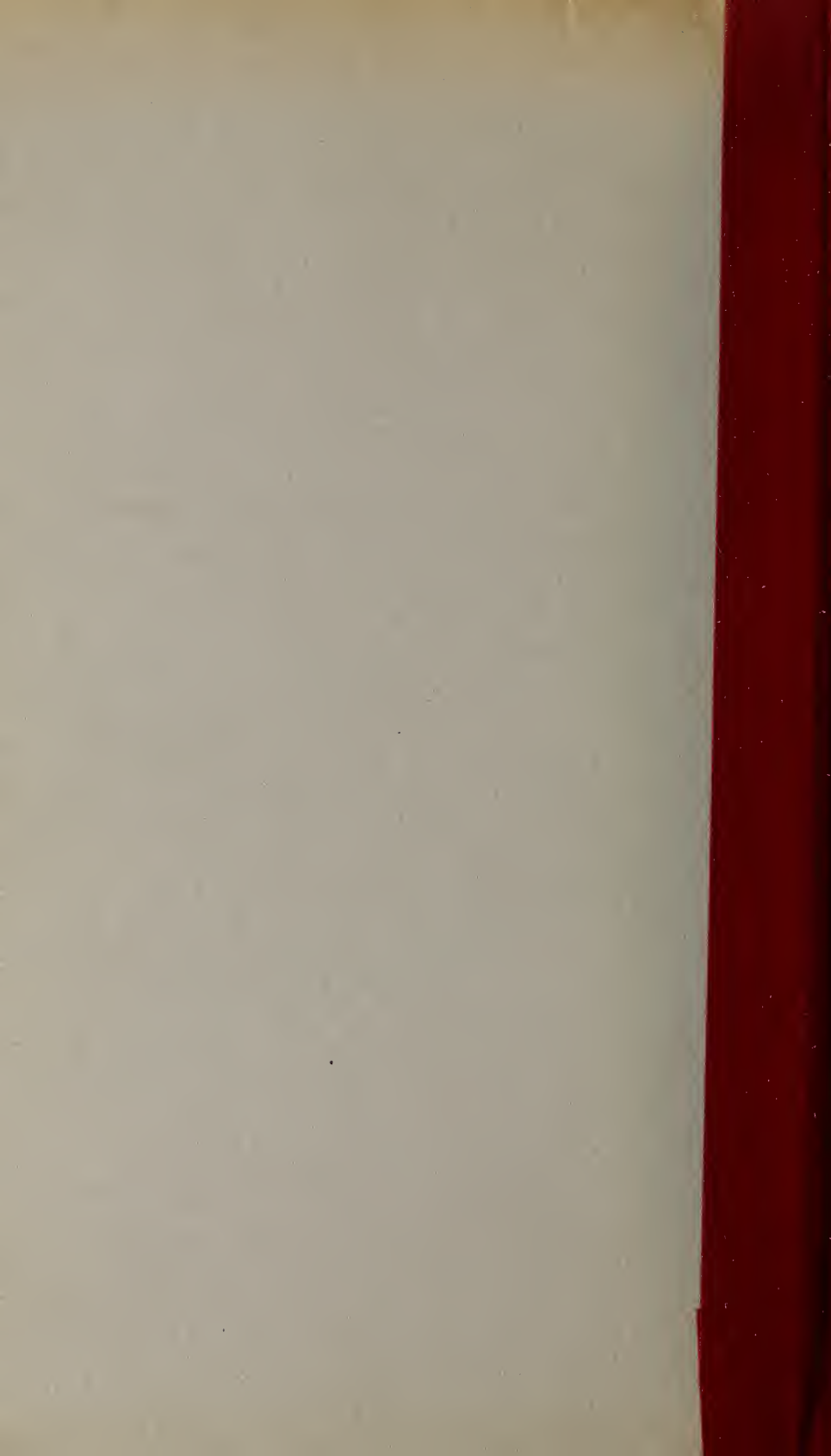
Imprint

16-47372-2 GPO

LIBRARY OF CONGRESS



00013443580



V

491

.C3

Indian Club Exercises and Exhibition Drills

H. B. CAMANN

Indian Club Exercises and Exhibition Drills

Arranged for the Use of Teachers and Pupils in
High School Classes, Academies, Private
Schools, Colleges, Gymnasiums,
Normal Schools, Etc.

BY

HENRY B. CAMANN

Teacher of Physical Training in the McKinley High School,
Chicago, Ill., E. L. Seminary, Addison, Ill.

1910



Copyright 1910

BY H. B. CAMANN

GV491
.C3

Preface

The author has been frequently requested by many of his former pupils to publish a series of club exercises, so graded as to cover a four years school course to be used in connection with other work in the gymnasium. The collection is the result of many years of experience in high school, college and normal school classes

For exhibition purposes the leading feature is to arrange in review such exercises as will display the aptness of class work. The material presented can be selected and adjusted to fit the ability of any class.

The appendix furnishes drills which are models for exhibitions which have been carried out with great success by his colleagues, and are an invaluable addition to this manual.

M. C. W. J. 13-1910

Introductory Remarks

Pertaining to Clubs, Circles, Directions, Positions and Musical Accompaniment.

CLUBS.

For general use a 1 lb club is sufficient, especially for girls and ladies classes; for strong boys and men a 1½ lb club is ample.

CIRCLES.

A distinction is made between arm and hand circles. The arm circles may be a small arm circle with the center at the elbow, or a large arm circle with the center at the shoulder. In the execution of hand circles the arm generally remains in a fixed position; the handle or knob to be twirled between the thumb and fingers. When an exercise calls for a double arm or double hand circle in any direction it means that both arms execute the movement simultaneously.

DIRECTIONS.

The arm and hand circles executed in the vertical plane in front or behind the body are distinguished by the following directions:

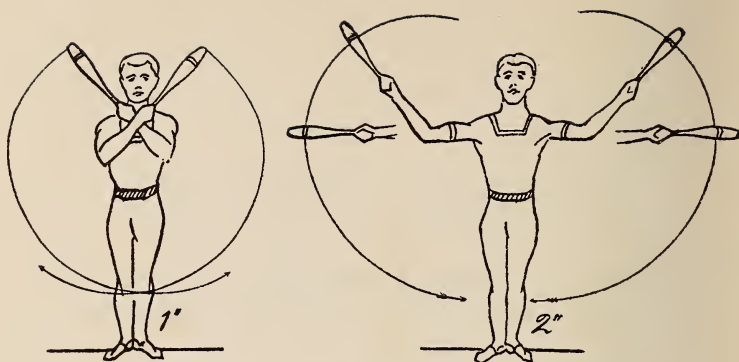
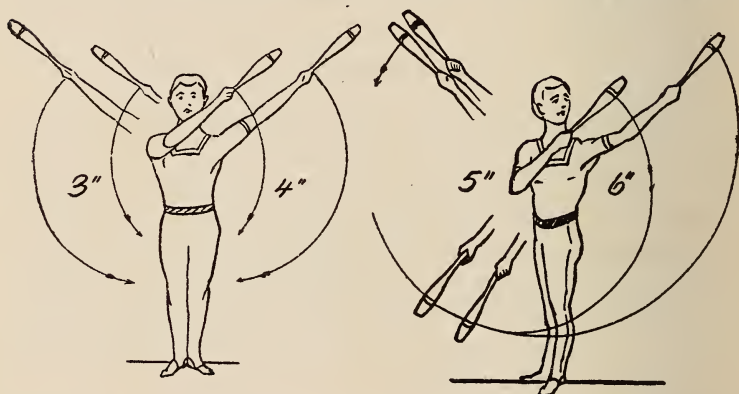


Fig. 1." Inward
 " 2." Outward
 " 3." Both right
 " 4." Both left

The circles in the vertical plane, but at right angles



to the shoulders "cross swings" may be executed in two directions, viz.:

Fig. 5." Forward
 " 6." Backward

They are executed on the left or right side of body, requiring a $\frac{1}{4}$ turn of the trunk.

The horizontal circles are performed either above or below the arm in a horizontal plane, in all directions.

POSITIONS

If tactics or a marching drill precedes the formation, the clubs may be held in any of the following positions:



Fig. A. Both clubs on shoulders.

" B. One on shoulder, one at side.

" C. Clubs between arms, hands on small of back.



" D. Clubs on forearms, hands in front.

" E. Fundamental position, clubs at sides.

" F. Starting position, fore-arms raised.

Note.—Some of the lessons begin from the fundamental pos., Fig. E, but more generally from the starting pos. Fig. F.

MUSICAL ACCOMPANIMENT.

In the given arrangement of exercises the "poetry of motion" would be incomplete unless accompanied by a well chosen musical selection. For general purposes a well marked waltz in quick tempo will be sufficient, one measure being equal to one count of the exercise, and each part covering periods of 16 counts; but music written in 4-4 or 6-8 time can often be adapted to some of the lessons.

ABBREVIATIONS.

Abbreviations to avoid lengthy description in the text are:

| | |
|-------------------|------------------|
| Ex. exercise, | sidew. sideward, |
| pos. position, | upw. upward, |
| l. left, | backw. backward, |
| r. right, | obl. oblique, |
| alt. alternately, | downw. downward |
| horz. horizontal, | outw. outward |
| forw. forward, | inw. inward. |
| comb. combination | |

I. Grade.

Lesson I.

Half Arm Circles.

Clubs to position—raise!

- | | | |
|----|---|-----|
| 1 | Swing inward l. to pos. sidew. left and return, | 1—3 |
| 2 | Same right | 1—3 |
| 3 | Alternately | 1—3 |
| 4 | Both inward | 1—3 |
| 5 | Swing outward l. to pos. inward..... | 1—3 |
| 6 | Same right | 1—3 |
| 7 | Alternately | 1—3 |
| 8 | Both outward | 1—3 |
| 9 | Both inward and outward alt..... | 1—6 |
| 10 | Both to the left | 1—3 |
| 12 | Both l. and r. alternately..... | 1—6 |

Lesson II.

Cross Half Arm Circles.

Clubs to pos.—raise!

- | | | |
|---|---|-----|
| 1 | Swing l. forw. to pos. backw. height of shoulders, turn trunk l., arm straight..... | 1—3 |
| 2 | Same right | 1—3 |
| 3 | Swing both forw. to pos. backw. pass left side left arm straight, right arm bent height of shoulders, turn trunk l..... | 1—3 |
| 4 | Same right | 1—3 |
| 5 | 3 and 4, alternately..... | 1—6 |
| 6 | Swing l. backw. to pos. forw..... | 1—3 |

- | | | |
|----|---------------------------------------|-----|
| 7 | Same right | 1—3 |
| 8 | Swing both backw. pass left side..... | 1—3 |
| 9 | Same, right | 1—3 |
| 10 | 8 and 9 alternately..... | 1—6 |

Lesson III.

Rear and Front Half Arm Circles.

Clubs in pos.—raise!



- | | | |
|----|---|-----|
| 1 | Swing l. sidew. to pos. backw. across small of back and return (Fig. I)..... | 1—3 |
| 2 | Same right | 1—3 |
| 3 | Alternately | 1—6 |
| 4 | Swing both left, l. arm passes in rear (small of back) r. arm in front of body to pos. sidew. right and return | 1—3 |
| 5 | Same right | 1—3 |
| 6, | 4 and 5 alternately | 1—6 |

Note.—Lessons I, II and III are 3 count movements, and are not intended for musical accompaniment.

Lesson IV.

Club to pos.—raise!

- | | | |
|---|--|------|
| 1 | Swing l. inward to pos. sidew. l. 1) tilt club on forearm, 2) continue the movement in- ward | 3—16 |
|---|--|------|

Note.—From the 2nd pos. start the arm circle by extend. the club l. obl. overhead. Omit the tilt and return to starting pos. with the 16th count.

- | | | |
|---|------------------|------|
| 2 | Same right | 1—16 |
|---|------------------|------|

- 3 Swing l. outward to pos. inward) 1) tilt club on fore-arm (arm is bent to a right angle in front of chest); 2) continue the movements outward3—16

Note.—From the 2nd position start the arm circle by extending sidew. obl. upw. to the left.

- 4 Same right1—16
- 5 Both inward1—16
- 6 Both outward1—16
- 7 Both to the left1—16
- 8 Both to the right.....1—16

Note.—All the above exercises to be swung continually, returning to the starting pos. with the 16th count.

- 9 Swing l. forw. to pos. backw. turning trunk left, 1) tilt club on fore-arm, 2) continue....3—16
- 10 Same right1—16
- 11 Swing l. backw. turning trunk l. to pos. forw., 1) tilt club on fore-arm, 2) continue.....3—16
- 10 Same right1—16
- 11 Swing l. backw. turning trunk l. to pos. forw., 1) tilt club on fore-arm, 2) continue.....3—16
- 12 Same right1—16
- 13 Both forward, passing the l. and r. sides alternately1—16
- 14 Both backward, etc.1—16

Lesson V.

Clubs to position—raise!

- 1 Swing l. inward to pos. sideways l.; tilt club on fore-arm and return swing to starting pos.1—4
- 2 Same right1—4
- 3 1 and 2 alternately1—8

- 4 Both inward1—4
- 5 Swing left outward to pos. inward and tilt club
on bent fore-arm in front of chest and return
swing to starting pos.....1—4
- 6 Same right1—4
- 7 5 and 6 alternately1—8
- 8 Both outward, arms bent front of chest.....1—4
- 9 Swing both to the left to pos. sidew. right and
tilt clubs on fore-arms and return swing to
starting pos.1—4
- 10 Same right1—4
- 11 9 and 10 alternately1—8
- 12 Exercises 4, 8, 9 and 10 in succession.....1—16

Rear and Front Circles.

- 1 Swing l. sideways left to pos. backw. and tilt
club on fore-arm across small of back.....1—2
return swing to starting pos.....3—4
- 2 Same right1—4
- 3 Alternately1—8



- 4 Swing both sideways left to
pos. backw. and tilt on
fore-arm across small of
back, together with the
right, which swings in
front of body to pos. side-
ways right and tilt club
on fore-arm 1—2, return
starting pos. (Fig. II)....3—4
- 5 Same right1—4
- 6 4 and 5 alternately.....1—8

Lesson VI.

Cross Circles.

Clubs to position—raise!

- 1 Swing both forw. pass left side, point to rear, with turning of trunk to the l. and tilt on fore-arms, l. arm straight, r. arm bent and return, swing to starting pos.....1—4
- 2 Same right1—4
- 3 Alternately1—8
- 4 As 1, omit turning of trunk, but stride backw. left and $\frac{1}{4}$ turn l. on heels (r. arm bent l. arm straight)1—4
- 5 Same right1—4
- 6 4 and 5 alternately1—8

- 7 As 4 but stride backw. l. with $\frac{1}{2}$ turn l. on heels, both arms straight.....1—4



- 8 Same right1—4
- 9 7 and 8 alternately1—8
- 10 Swing both forw., stride backw. l. with $\frac{1}{2}$ turn l. on heels, clubs pass on l. side to pos. upw., tilt clubs on fore-arms 1—2, and return swing to starting position (Fig. III)3—4
- 11 Same right1—4
- 12 10 and 11 alternately1—8

Lesson VII.

Small Arm Circles.

Clubs to pos.—raise!

- 1 a) Arm circle left, inward.....1— 2
b) Arm circle right, inward3— 4
c) Both twice5— 8
Repeat 3 times.....9—32
- 2 Same, but outward1—32
- 3 a) Arm circle left, outward.....1— 2
b) Arm circle right, inward.....3— 4
c) Both twice to the left.....5— 8
Repeat 3 times.....9—32
- 4 As 3, but to the right.....1—32

Cross Circles.

- 5 a) Arm circle l. forw. (turning trunk left)..1— 2
b) Arm circle r. forw. (turning trunk right)..3— 4
c) Both forw. passing l. side (turning trunk left)5— 6
d) Both for forw. passing r. side (turning trunk right)7— 8
- 6 a) Arm circle l. backw. (turning trunk left)..1— 2
b) Arm circle r. backw. (turning trunk right)3— 4
c) Both backw. passing l. side (turning trunk left)5— 6
d) Both backw. passing r. side (turning trunk right)7— 8
Repeat 3 times9— 32

Lesson VIII.

Straight Arm Circles.

Fundamental pos.: Arms straight at sides!

- 1 a) Raise fore-arms (same as starting pos. in previous lessons) 1

- b) Straighten arms upward..... 2
- c) Large arm circle left inward (right arm remains)3— 4
- d) Large arm circle right inward (left arm remains)5— 6
- e) Lower clubs to pos. (a)..... 7
- f) Lower arms to fundamental pos..... 8
- Repeat9—16
- 2 Same as 1, but large arm circle outward....1—16
- 3 Same as 1, but large arm circle to the left...1—16
- 4 Same as 1, but large arm circle to the right..1—16
- 5 a) Raise fore-arms and step pos. 1. forward.. 1
- b) Straighten arms upward and stride sideways left, standing on both feet..... 2
- c) Large arm circle inward with both.....3— 4
- d) Repeat (c)5— 6
- e) Lower clubs to pos. (a) and step pos. forw. 7
- f) Lower arms and return foot to pos..... 8
- Repeat with foot movement to the right..9—16
- 6 Same as 5, but outward.....1—16
- 7 Same, but both circles to the left.....1—16
- 8 Same, but both circles to the right.....1—16

Lesson IX.

Strides and Large Arm Circles.

Fundamental pos.: Arms straight at sides!

- 1 a) Raise fore-arms and stride backward left.. 1
- b) Straighten arms upward and $\frac{1}{4}$ turn l. on heels 2
- c) Large arm circle forward left.....3— 4
- d) Large arm circle forward right.....5— 6
- e) $\frac{1}{4}$ turn right and lower arms to pos (a).... 7
- f) Return to starting pos..... 8

- 2 Same, but both clubs forward passing l. side..1—16
Same, but both clubs forward passing r. side 1—16
- 3 a) Raise fore-arms and stride backw. left.... 1
b) Straighten arms upw. and $\frac{1}{2}$ turn l. on heels 2
c) $\frac{3}{4}$ circle inward to pos. sideways and tilt on
fore-arms and kneel on r. knee.....3— 4
d) Rise and return swing to pos. upw.....5— 6
e) $\frac{1}{2}$ turn r. and lower clubs to pos. (a)..... 7
f) Lower arms and return l. foot..... 8
Repeat to the right9—16
- 4 (a) and (b) same as in ex. 3.....1— 2
c) $\frac{3}{4}$ circle outward and tilt on bent arms front
of chest and bend trunk forw.....3— 4
d) Straighten and return swing upward.....5— 6
e) and (f) Return as in ex. 3.....7— 8
Repeat same to the right.....9—16

Lesson X.

Exercises in Positions.

Fundamental pos.: Arms straight at sides!

Ex. 1.

- a) Raise l. arm forw. obl. upw. l., right arm backw.
obl. downw. left (arms diagonal) and lunge
obl. forw. left and return.....1— 2
- b) Same to the right.....3— 4
- c) As (a), but lunge obl. backward left.....5— 6
- d) As (b), but lunge obl. backward right.....7— 8
Repeat a—d, 4 directions.....9—16

Ex. 2.

As ex. 1, lunging to the 4 directions, but raise both
arms forw. obl. upward.....1—16

Ex. 3.

- a) Raise both arms forw. obl. upw. l. and lunge
obl. forw. l..... 1
- b) Half arm circle down. backw. r. (l. arm remains) 2
- c) As (a) 3
- d) Starting pos. 4
- Same right 5— 8
- Same l. and r. with the lunging to the rear obl. 9—16

Ex. 4.

As ex. 3, but add the changing of knee bending
pos. also turning of head towards clubs.....1—16

Ex. 5.

As ex. 4, but lower both clubs, to one side.....1—16

Ex. 6.

- a) Raise clubs forw. obl. upw. left and lunge obl.
forw. left and remain in pos.....1— 2
- b) large arm circle right forw. l. arm remains....3— 4
- c) Repeat (b)5— 6
- d) Return to starting pos.7— 8
- Repeat a—d but to the right.....9—16
- Same l. and r. with lunging to rear obl.....17—32

Ex. 7.

As ex. 6, but arm circles with both arms passing on
side of body1—32

Ex. 8.

As ex. 7, but arm circles backward.....1—32

Lesson XI.

Large Arm Circles with Stride Positions.

Clubs to position—raise!

A.

- 1 a) Large double arm circle **inward** to position upw. and stride 1, sideways (remain in stride position)1— 2
 - b) $\frac{3}{4}$ arm circles **inward** to position sideways and tilt on fore-arms, arms straight.....3— 4
 - c) Large double arm circle **inward** to pos. upw.5— 6
 - d) Arm circle **inward** to starting pos. and return 1. foot.....7— 8
- Note: The movement c starts from the pos. clubs on fore-arms
- 2 Same with stride to right9—16
 - 3 Repeat 1 and 217—32

B.

- 1 a) Large double arm circle **outward** to pos. upw. and stride 1. sideways, (remain in stride pos.)1— 2
 - b) $\frac{3}{4}$ arm circles **outward** to pos., arms inward and tilt on bent fore-arms, front of chest...3— 4
 - c) Large double arm circle **outward** to pos. upw.5— 6
 - d) Large arm circle **outward** to starting pos. return 1. foot7— 8
- 2 Same with stride right9—16
 - 3 Repeat 1 and 217—32

C.

- 1 a) Large double arm circle to the left to pos. upw., and lunge 1. sideways, (remain in lunging pos.)1— 2

- b) $\frac{3}{4}$ arm circles to the left, to the position sideways right, and tilt on fore-arms, right arm straight, left bent, straighten left knee3— 4
- c) Large arm circles to the left to pos. upw...5— 6
- d) Arm circles to the left, and return to starting pos.7— 8
- 2 Same to the right9—16
- 3 Repeat 1 and 217—32

Lesson XII.

Large Arm Circles with Stride Positions.

Clubs in position—raise!

A.

- 1 a) Large double arm circle **inward** to pos. upw. and stride l. sidew.1— 2
- b) $\frac{3}{4}$ double arm circle **inward** to pos sidew. and tilt on fore-arms3— 4
- c) Large double arm circle **outward** to pos. upw.5— 6
- d) Large double arm circle **outward** to starting pos. and return l. foot7— 8
- Repeat but stride right9—32

B.

As A. beginning **outward**1—32

C.

- 1 a) Large double arm circle to the left to pos. upw. and lunge sidew. l. remain in lunging pos.1— 2
- b) $\frac{3}{4}$ arm circles to the left, to the pos. sidew. right, and tilt on fore-arms, right arm straight, left bent, straighten left knee...3— 4

- c) Large arm circle to the left to pos. upw. 5— 6
- d) Arm circles to the left and return to starting pos.7— 8
- 2 Same to the right9—16
- 3 Repeat 1 and 217—32

II. Grade.

Lesson I.

Over Swings.

- 1 Starting position: Cross clubs over head!
 - a) Circle downw. behind head and shoulders to pos. sidew. 1
 - b) Swing downw. in front and cross clubs over head 2
 - Repeat a and b3—16
- 2 Starting pos.: Arms sidew. obl. upw.!
 - a) Circle toward shoulders to crossed pos. over head 1
 - b) Swing down inw. in front to pos. sidew. obl. upw. 2
 - Repeat a and b3—16
- 3 Standing pos.: Arms obl. upw. l.!
 - a) Circle downw. behind head and shoulders to obl. pos. to right 1
 - b) Swing downw. in front to obl. pos. left.... 2
 - Repeat a and b3—16
- 4 Same right1—16
- 5 Starting pos.: Arms obl. upw. l.!
 - a) $\frac{3}{4}$ Hand circle with l. hand outw. behind shoulder, together with a $\frac{3}{4}$ arm circle right, inward in front of body, to obl. pos. sidew. upw. right1

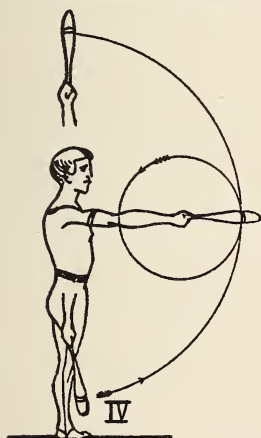
- b) Circle both arms downw. in front ($\frac{3}{4}$ circle)
to pos. obl. upw. to the left 2
- Continue a and b and swing both arms in front
of body, with 7th count, to starting pos. at
16th count.
- 6 Same right1—16

Lesson II.

Arm and Lunging Exercises, Alternated with Hand Circles Backward and Forward.

A.

Fundamental pos.: Arms straight at sides!



- a) Raise clubs forward and
lunge forw. left..... 1
- b) Swing arms sidew., change
bending of knees..... 2
- c) As a..... 3
- d) Return to starting pos.... 4
- e) Raise arms forw. upw. with
hand circles backw. outside
of arms (Fig. IV).....5— 6
- f) Lower arms forw. downw.
with hand circles forw. out-
side of arms7— 8
- Repeat 3 times9—32

Note.—The hand circle to be executed while the
arms are in the momentary forw. pos.

B.

- a) Raise both arms sideways left (l. arm straight
r. arm bent) and lunge sidew. left..... 1
- b) Swing arms $\frac{1}{2}$ circle downw. to the pos. sidew.
right, bend right knee and straighten l..... 2

- c) Swing arms $\frac{1}{2}$ circle downw. to pos. sidew. l.,
bend left knee and straighten right..... 3
- d) Return to starting pos..... 4
- e) Raise arms forward upw. with hand circles
backw. inside of arms.....5— 6
- f) Lower forw. downw. with hand circles forw.
inside of arms to pos. down7— 8
- Repeat a to f 3 times9—32

C.

- a) Raise arms sideways and lunge backw. left.... 1
- b) Raise arms upw. and change bending of knees.. 2
- c) As a 3
- d) Return to starting pos..... 4
- e) Raise arms forw. upw. with hand circles backw.
left outside, right inside of arms5— 6
- f) Lower forw. downw. with hand circles forw.,
left outside, right inside7— 8
- Repeat 3 times9—32

D.

- a) Raise arms sidew. right (r. arm straight, l. arm
bent, and lunge sidew. right..... 1
- b) Swing $\frac{1}{2}$ arm circles upw. to pos. sidew. left and
change bending of knees..... 2
- c) Swing $\frac{1}{2}$ arm circles upw. to pos. sidew. right
and change bending of knees..... 3
- d) Return to starting pos..... 4
- e) Rise arms forw. upw. with hand circles backw.,
left **inside**, right **outside** of arms.....5— 6
- f) Lower forw. downw. with hand circles forw.,
left **inside**, right **outside** of arms.....7— 8
- Repeat 3 times9—32

Lesson III.

Cross Circles. Arm and Hand Circles. Forward and Backward.

Clubs in starting pos.

- 1 a) Large double arm circle forw., pass left side,
to pos. forw. with straight arms..... 1
Note.—The trunk is to be turned.
 b) Double hand circles forw. outside of arms.. 2
 c) Same on right side3— 4
 Repeat 3 times5—16
- 2 As 1, but execute hand circles inside of arms..1—16
- 3 a) Large double arm circle backw. pass l. side,
to the position forw. with straight arms.... 1
 b) Double hand circles backw. outside of arms 2
 c) Same on right side3— 4
 Repeat 3 times5—16
- 4 As 3, but execute hand circles inside of arms..1—16
- 5 a) Large double arm circles forw. pass on l.
side 1
 b) Large double arm circles forw. pass on right
side 2
 c) Double hand circle forw. outside of arms.. 3
 d) Double hand circle forw. outside of arms.. 4
 Repeat 3 times5—16
- 6 As 5, but arms and hand circles backw.....1—16

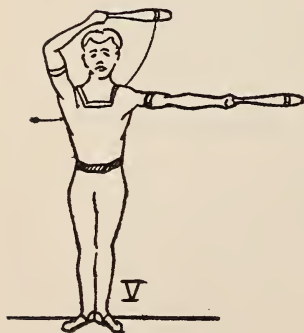
Lesson IV.

Rear Lower, "Swing Over" and Combinations.

Clubs to starting position.

- 1 Swing the left back of body height of hips, together with the right, which swings in front from l. to r. height of shoulders, 1) swing both to the left height of shoulders, l. arm straight, r. arm bent; 2) continue these swings with the 8th

- count, change over to the right with a double arm circle and continue the swings with the right behind body and the left in front. 16c
- 2 Change over and swing as 1, but change over in front to the right with the 4th count and repeat to the right—change over to left again, and repeat 3 times 1—16
- 3 As 2, but change with every 2nd count. 1—16
- 4 Double $\frac{1}{2}$ arm, circle from l. to r., right in front to height of shoulders, together with left, which swings to right in rear, height of hips, and tilt both clubs on fore-arms (arms are directed to the r.) 1— 2
- Return swing from r. to l. to pos. sidew. l., right arm bent and tilt clubs on fore-arms 3-4, repeat these two movements and return to pos. with. . . 16
- 5 First 4 counts as ex. 4., with 5th count turn trunk left and 4 hand circles forw. outside of arms, arms bent, 1—8. Repeat 3 times. 9—32
- With the 32nd count omit the hand circle and circle downw. to the right, ready to swing same to the right side 1—32
- 6 "Swing over" l. outw. ($\frac{1}{2}$ hand circle l. outw.



shoulder and head) together with arm circle r. inward in front of body to the pos. sidew. r. 1) circle both in front of body to position sidew. l. 2) continue without returning to starting pos. 3—8, with the 8th count turn trunk to the r. and swing a double hand circle forw., and continue same from r. to l. (Fig. V) 9—16

- 7 As 6, but change over with the 4th counts and repeat 3 times1—16
- 8 As 7, but change every 2nd count.....1—16

Combination.

- 9 a) Circle to the l. and r. with the tilts on fore-arms as in ex. 4.....1—4
- b) Fling clubs to pos. sideways and immediately “swing-over” left, with the $\frac{1}{2}$ arm circle in front as in ex. 6.....counts 5— 6
- c) Turn trunk l. and swing two hand circles forw.7— 8
- Repeat 3 times9—32

Note.—Omit the hand circles of 32nd count, and change over to the right side.

- 10 Repeat ex. 9, but to the right.....1—32

Lesson V.

Arm Circles and Hand Circles Back of Shoulders.

Clubs in starting position.

- 1 a) Arm circle inward left 1
- hand circle inw. l. back of shoulders..... 2
- arm circle inw. and return to starting pos..... 3— 4
- b) Same right 5— 8
- c) Twice with both..... 9—16
- Repeat 3 times17—64
- 2 Same, but outward..... 1—64
- 3 Same, but to the left..... 1—64
- 4 Same, but to the right.... 1—64
- 5 a) Small arm circle inw. l. 1
- b) hand circle l. back of shoulders (right club remains) 2



- Repeat **a** and **b**, return to starting pos. with
 8th count, same with right, left club remains.. 9—16
 Arm and hand circle with both 1—16
 6 As 5, but out ward 1—16
 7 As 5, but to the left 1—16
 8 As 7, but to the right 1—16

Lesson VI.

Tilts and Arm and Hand Circles Back of Shoulders.
Clubs in starting position.

A.

- a) Double arm circle inw. to pos. sidew., and tilt
 clubs on fore-arms 1— 2
 b) Double arm circle outw. to pos. inw. and tilt
 clubs on bent arms front of chest 3— 4
 c) Double arm circle inw., with double hand circle
 inw. behind shoulders 5— 6
 d) Arm circle inw. to starting pos. 7— 8
 Repeat 3 times 9—32

B.

- a) Double arm circle, **outward** to bent arm, pos.
 inw., and tilt clubs on fore-arms 1— 2
 b) Double arm circle **inward** to straight, arms
 sidew. and tilt clubs on fore-arms 3— 4
 c) Double arm circle **outward** with double hand
 circle outw. back of shoulders 5— 6
 d) Double arm circle outw. to starting pos. 7— 8
 Repeat 3 times 9—32

C.

- a) Double arm circle to l. arms sidew., right, r.
 arm straight, l. arm bent and tilt, clubs on fore-
 arms 1— 2

- b) Double arm circle to r. to pos. l. and tilt on fore-arms, l. arm straight, r. arm bent, and tilt on fore-arms 3— 4
- c) Double arm circle to the l. and double hand circle back of shoulders 5— 6
- d) Double arm circle to the l., and return to starting pos. 5— 7
- Repeat 3 times 9—32

D.

Same as c, but start to the right..... 1—32

Lesson VII.

Combination of large arm circles, tilts and hand circles, back of shoulders.

A.

- a) 3 large arm circle inward left to obl. pos. sidew. upw. and remain 1— 4
- b) Same inward **right** (both are obl., sidew. upw.) 5— 8
- c) Double arm circle inw. to pos. sidew. and tilt clubs on fore-arms 9—10
- d) Double $\frac{1}{2}$ arm circle outw. and tilt clubs on bent arms front of chest 11—12
- e) Double $\frac{1}{2}$ arm circle inw., hand circle inw. back of shoulders; arm circle and return to starting pos. 13—16
- Repeat 17—32

B.

Same outward—.... 1—32

C.

- a) 3 large double arm circles to the left; with the 4th count execute $\frac{1}{4}$ turn to the right, and continue swing to pos. forward and tilt clubs on fore-arms 1 —4

- b) double hand circles forw. outside of arms,
arms slightly bent 5— 6
- c) Double $\frac{1}{2}$ arm circle forw. passing on r. side,
with $\frac{1}{4}$ turn r. to starting pos. (facing rear of
class) 7— 8
- d) Double $\frac{1}{2}$ arm circle to the l. to pos. sidew. r.
and tilt on fore-arms 9—10
- e) Same to pos. left 11—12
- f) Double arm circle to the l. and hand circle back
of shoulders and return to starting pos. 13—16
- Repeat and return to front 17—32

D.

Same beginning to right 1—32

Lesson VIII.

Steps combined with arm and hand circles.

Clubs to starting pos.:

- 1 a) Two double small arm circles to the left.. 1— 4
- b) Two steps sideways left 5— 8
- c) and d) As a and b, but to the right 9—16
- 2 Same beginning to right 1—16
- 3 As 1, but execute steps and clubs to l, simul-
taneously 1— 4
- Same right 5— 8
- Repeat left and right 9—16
- 4 a) Two double small arm circles to the left,
with 2 steps sidew. left 1— 4
- b) Double arm circle sidew. left..... 5
- c) Double hand circle to the left back of
shoulders 6
- d) Double arm circle to the l., and return to
starting pos. 7— 8

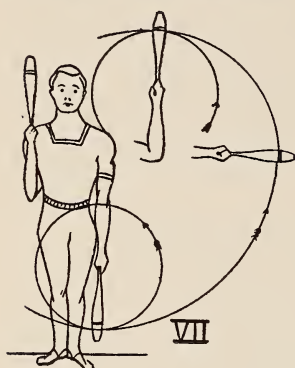
- Same to right 9—16
 Repeat 17—32
- 5 As ex. 4, but with the 5th count lunge sidew.
 left, and remain during 6 and 7 counts, return
 with 8th 1— 8
 Same right 9—16
 Repeat 17—32
- 6 a) Two double small arm circles inward..... 1— 4
 b) Two after steps forward 5— 8
 c) Same as a 9—12
 d) Two steps backw. left 13—16
 Repeat 17—32
- 7 As 6, but execute club and steps forw. simulta-
 neously 1— 4
 Return backward 5— 8
 Repeat 3 times..... 17—32
- 8 a) Two double small arm circles inward, to-
 gether with 2 steps forw..... 1— 4
 b) Double arm circle inward..... 5
 c) Double hand circle inward rear of shoulder 6
 d) Double arm circle inw. and return to start-
 ing pos. 7— 8
 Same with steps backw..... 9—16
- 9 Ex. 6, 7, 8, but start the steps **backward**, and
 the arm and hand circles outward..... 1—16
- 10 As 8, with circles inward..... 1— 8
 and return with circles outward..... 9—16

Lesson IX.

Hand Circles Back of Shoulder and Front Lower.

A.

Clubs to starting pos.:



- a) Arm circle left inw. and hand circle back of shoulder1— 2
- b) Arm circle l. inward and front lower hand circle inward, arm straight (Fig. VII)..3— 4
Repeat 3 times5—16
- c) Same with the right arm 4 times.....1—16
- d) Same with both arms 4 times1—16

B.

As A, but outward.....48 counts

C.

- a) Arm circle left outward, and hand circle outward, back of shoulder.....1— 2
- b) Arm circle l. outw. and front lower hand circle outw., arm straight3— 4
- c) Arm circle r. inward, and hand circle inw. back of r. shoulder5— 6
- d) Arm circle r. inw. and front lower hand circle inw., arm straight7— 8
With both arms to the left 3 times.....9—32

D.

As C, but to opposite direction.....1—32

Lesson X.

Double hand circles back of shoulders and front lower
with step positions.

A.

- a) Double arm circle inward with step pos. forw.
left and return1— 2
- b) Repeat arm circle, but step pos. forw. right and
return3— 4
- c) Double arm circle inward and hand circle inw.
back of shoulders5— 6
- d) Double arm circle inward, front lower hand
circle inward, and return to starting pos.....7— 8
Repeat 3 times9—32

B.

As A, but the arm and hand circles outward,
and step pos. backw.1—32

C.

- a) Double arm circle to the left, with stride sidew.
l. and cross right in rear.....1— 2
- b) Double arm circle to the left, with stride sidew.
r. and cross l. in rear.....3— 4
- c) Double arm circle to the left and double hand
circle back of shoulders.....5— 6
- d) Double arm circle left and front lower hand
circle to the left, and return to pos.....7— 8
Repeat 3 times.....9—32

D.

As C to opposite direction.....1—32

Lesson XI.

Combination of front upper and front lower hand circles.



A.

- a) Double arm circle inward, and front upper hand circle (straight arms) inward.....1— 2
- b) Double $\frac{1}{2}$ arm circle inw. and front lower hand circle.....3— 4
- c) 3 large or straight arm circles inw.5— 7
- d) Return to starting pos..... 8
- Repeat 3 times9—32

B.

Same comb. outward.....1—32

C.

Same comb. to the left.....1—32

D.

Same comb. to the right.....1—32

Lesson XII.

Combination of front lower, rear of shoulders and front upper hand circles.

A.

Clubs in starting pos.:

- a) Double arm circle inw. and front lower hand circle1— 2
- b) Large double arm circle inw. and hand circles back of shoulders3— 4
- c) Large double arm circle inw., and front upper hand circles5— 6

- d) Large double arm circle inw. to starting pos...7— 8
Repeat 3 times9—32

B.

Same but outward.....1—32

C.

Same but to the left.....1—32

D.

Same but to the right.....1—32

III. Grade.

Clubs to starting pos. Fig. F. for all lessons.

Lesson I.

Three hand circles back and front of shoulders and front lower with steps.

A.

- a) Double arm circle inward and 3 double hand circles back of shoulders.....1— 4
b) Double $\frac{1}{2}$ arm circle inw. and 3 front lower hand circles and to starting pos.....5— 8
together with: Step sidew. l. 5, cross r. leg backw. and bend l. knee 6, side step r. 7, close heels 8.
Repeat a and b 3 times.....9—32
Same outward but steps to the right.....1—32
Same both to the left, steps to the left.....1—32
Same both to the right, steps to the right.....1—32

B.

- a) Double arm circle inw., and three double hand circles in front of shoulders (bent arms).....1— 4

Repeat 3 times5—16

Note.—The position of the arm for the hand circle in front of shoulders is the same as for the hand circle back of shoulders.

b) Same outward to the right and left.....48 counts

Lesson II.

Hand circles back and front of shoulders—strides and turns.

- 1 Double arm circle inward with 3 hand circles inward viz: **one** back of shoulder; **one** in front, and **one** behind again.....1— 4

Note.—Return to starting pos. with 5th count and start the step pos.

- 2 Step sideways l. 5, — cross r. foot front of l. 6, — $\frac{1}{2}$ turn l. (on toes) 7, — remain in pos. 8 Repeat 1 and 2.....9—16

- 3 As 1, but outward.....1— 4

- 4 As 2, but to the right.....5— 8

- 5 As 1, but both to the left.....1— 4

- 6 Double arm circle left and double hand circle back of shoulders 5—6; double arm circle l. and double lower front hand circle 7—8; together with one step sideways l. 5, — cross r. foot front of l. 6 — $\frac{1}{2}$ turn l. 7, — remain 8.

Note.—With the 8th count the swing ends to the pos. sidew. l. ready to repeat 3 times.

-9—32
7 As ex. 6, but to the right.....1—32

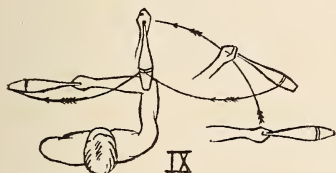
Lesson III.

“Horizontal Swing Over.”

- 1 a) Double $\frac{1}{2}$ arm circle inw. to pos. sidew. 1;
b) Double horizontal “swing over” to pos. inw., arms bent, clubs pointing sidew. outw.

2; — repeat a and b 3 times and return to starting pos. 3—8

Explanation.—Preliminary movements for this inward horizontal “swing over”: From the pos. arms sidew. move the arms forw., and place clubs on fore-arms 1; continue arm movement, to bent arm pos. in front of chest, left above, moving the club at the same time, the left club pointing sidew. r., the r. sidew. left 2; these two movements in (b) are executed in one count. (Fig. IX)



- 2 a) Double $\frac{1}{2}$ arm circle outw. to bent arm pos. inw. height of shoulders, left arm above 1;
- b) Double horizontal “swing over” outw. 2;
- Repeat a and b 3 times and return to starting pos. 3—8

Explanation.—Preliminary movements for this outw. “swing over”: With the movement (a) the arms are bent in front of chest, move arms forw. and place clubs on fore-arms 1; arms and clubs are moved sidew. 2; these two movements in (b) are executed in **one** count.

- 3 a) Double $\frac{1}{2}$ arm circle to left to the pos. sideways right, l. arm bent, r. arm straight 1;
- b) Double horizontal “swing over” to the left 2; — repeat a and b 3 times, and return to starting pos. 3—8
- 4 As 3, but to the right. 1—8

Lesson IV.

Horizontal “Swing Over” and Hand Circle in Front of Shoulder.

A.

- a) Double $\frac{1}{2}$ arm circle inw. to pos. sidew. 1
- b) Double horizontal “swing over” to pos. inw.. 2
- Repeat a and b. 3—4

- c) Double arm circle inw. and one hand circle in front of shoulders, arms bent..... 5—6
- d) Repeat c..... 7—8
- Repeat 3 times9—32

B.

Same combination outward32 c.

C.

Same left and right, each 32 counts.

Lesson V.

Front Upper and Lower Rear Hand Circles.

I.

- a) Arm circle l. inw. and front upper hand circle..1— 2
- b) Arm circle r. inw. and lower rear hand circle...3— 4
- Continue5—16

Note.—At the 3rd count as the r. club begins to circle, the l. is returned to starting pos. with the the 5th count the r. returns to starting pos. and the l. begins.

Same outw., to the left and right.



II.

- a) Double arm circle inw. with double upper hand circle.....1— 2
- b) Double arm circle inw. with double lower rear hand circle (Fig. XI)3— 4
- Repeat 3 times5—16
- Same outw., to the left and right.

III.

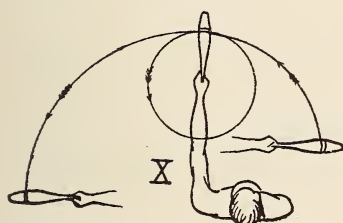
- a) Double arm circle inw. to pos. sidew..... 1
- b) "Swing over" back of shoulders to crossed pos. overhead 2
- Repeat a and b.....3— 4

- c) Double arm circle inw. with double upper hand circle5— 6
- d) Double arm circle inw. with double lower rear hand circle7— 8
- Repeat 3 times9—32
- Same outward; to the left and right.

Lesson VI.

Horizontal Circles.

- 1 a) $\frac{3}{4}$ double arm circle **inward** to pos. sidew... 1



- b) Double horizontal hand circle inw. (movement begins forw.) to bent arm pos. front of chest....2

(Fig. X)

Continue a and b and return to start-

starting po. with the 8th or 16th count.

- 2 a) $\frac{3}{4}$ double arm circle **outward** to pos. inw... 1

- b) Double horizontal hand circle **outward** (movement begins forw.) and end to extended arms sidew..... 2

Continue a and b and return to starting pos. with 8th or 16th count.

- 3 a) $\frac{3}{4}$ Double arm circle **left**, to position side-ways right, r. arm straight, l. arm bent.... 1

- b) Double horizontal hand circle **left**, together with $\frac{1}{2}$ horiz. double arm circle to the left, l. arm straight, r. arm bent..... 2

Continue a and b and return to starting pos. with 8th or 16th count.

- 4 As 3, but begin to the right..... 16

Lesson VII.

Combination of Horizontal, Front-Upper and Lower-Rear Hand Circles.

A.

- a) Double arm circle **inward** with horizontal hand circle, to bent arm pos. front of chest.....1— 2
Repeat3— 4
- b) Double arm circle inw. with **front upper** hand circles, and5— 6
- c) **Lower rear** hand circle (Lesson V, Ex. 3).....7— 8
Repeat 3 times.....9—32

B.

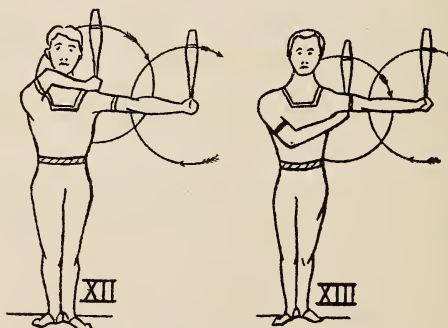
Same outw. to the left and right, each 32 counts.

Lesson VIII.

Hand Circles Over and Under Opposite Shoulders.

A.

- a) Double arm circle to the left..... 1
- b) Double hand circle **over left** shoulder, the r.



- hand outw. over left shoulder, the l. hand circle
executed outw. with extended arm (Fig. XII) 2
- a and b continued3—16

B.

Same opposite1—16

C.

As A, but the r. hand circle is executed outw.
under left shoulder (Fig. XIII).....1—16

D.

Same opposite1—16

E.

- a) Double arm circle to the left and double hand circle back of shoulders.....1— 2
- b) Double hand circle over **left shoulder**, r. hand over l. shoulder, l. hand circle back of l. arm, l. arm extended sidew..... 3
- c) Right hand circle under r. shoulder, l. hand circle behind l. arm, l. arm extended sidew..... 4
- Repeat 3 times5—16

F.

Same to the right.....1—16

Lesson IX.

Double Hand Circle Outw. and Inw. Over One Shoulder

A.

- a) Double arm circle to the lft..... 1
- b) Double hand circle **outw.** over and back of left shoulder (as. Fig. XII) but l. arm to be bent) 2
- c) Double arm circle to the left..... 3
- d) Double hand circle **inward** over and back of **right** shoulder 4
- Repeat 3 times5—16
- Same to the right1—16

B.

- a) Double arm circle to the l. with stride sidw. l.;
 $\frac{1}{4}$ turn right and stride backw. right, kneel r. and
 tilt clubs on fore-arms.....1— 2
- b) Two hand circles forw. outside of arms.....3— 4
 Rise, step forw. r. $\frac{1}{4}$ turn l. with closing step and
 start with:
 Exercise a, b, c, d, of A.....5— 8
 Repeat9—16
 Same to the right.....1—16

Lesson X.

Various Combinations.

- a) Double arm circle to the l. to pos. sidw. r. side-
 step. l. 1
- b) "Swing over" right, left lower $\frac{1}{2}$ arm circle and
 close step, both to pos. sidw. l..... 2
- c) Repeat a 3
- d) "Swing over" left, right lower $\frac{1}{2}$ arm circle and
 close step, both to pos. sidw. l..... 4
- e) Double $\frac{1}{2}$ circle to l. to pos. sidw. r..... 5
- f) Double horizontal circle from r. to l. with $\frac{1}{4}$ turn
 l. to pos. forw..... 6
- g) 2 hand circles forw. outside of bent arms.....7— 8
 Continue the following "cross swings" on the
 r. and l. side of body, feet remain, trunk turned:
- h) $\frac{1}{4}$ Double arm circle forw. and double lower
 hand circle9—10
- i) Double hand circle height of shoulders, arms
 pointing rear, l. arm bent r. arm straight..... 11
- k) Double upper hand circles forw..... 12
 Repeat h, i and k on left side.....13—16

Note.—During the double hand circle height of shoulder,
 the club is twirled same as for the upper circle.

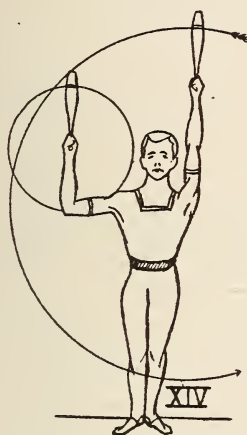
Repeat 3 times and continue the $\frac{1}{4}$ turns and steps forming a square.....17—64
 Same beginning to the right.....1—64

Lesson XI.

DISSIMILAR CIRCLES.

In the dissimilar circles, the arm circles of one arm and the hand circle of the other are executed simultaneously.

A.



- 1 a) Double arm circle inward 1
- b) The left continues the arm circle, while the r. executes one hand circle inw. back of shoulders (Fig. XIV)....2
 Repeat a and b.....3—16
- 2 Same, but execute hand circle with left, and the arm circle with right1—16
- 3 1 and 2 to be alternated 1—16

B.

As A, but outward.

C.

Both to left and right.

Lesson XII.

Dissimilar Circles—Horizontal and Lower Rear

A.

- 1 a) Double arm circle inw..... 1
- b) The left continues the arm circle, while the right executes one hand circle back of shoulders 2

- c) Double arm circle inw..... 3
 - d) The right continues the arm circle, while the left executes one hand circle back of shoulders 4
 - e) Double arm circle inw. and double horizontal hand circle inw., arms crossed.....5— 6
 - f) Double arm circle with double lower rear hand circle inw.7— 8
 - Continue a to f.....9—32
- Note.**—Omit the rear hand circle when returning to starting position.

B.

Same but outward1—32

C.

Same but to the left.....1—32

D.

Same but to the right.....1—32

IV. Grade

Starting pos.: Fig. F. for all Lessons.

Lesson I.

Dissimilar Circles.

A.

- a) Four hand circles inward left, back of shoulder, together with four large arm circles inward r...1— 4
- b) As a but the hand circles inward with right back of shoulders, and the arm circle inw. with l. arm5— 8
- Repeat9—16

Note.—a and b to be executed alternately without returning to starting pos.

- c) and d) As a and b, but each circle to be executed twice (instead of 4 times) and repeated.....1—16
 e) and f) once and repeated.....1—16

B.

As A, from a to f, but execute circles outward 48 c.

C.

As A, from a to f, but execute circles to the left 48 c.

Note.—With (a), the left hand circles outward back of shoulders, together with the arm circle right inward; with (b), the right hand circle swings inward, and the left arm circle outward.

D.

As C, but to the right.....48 c.

Lesson II.

Horizontal Circles Combined with Dissimilar Arm and Hand Circles Back of Shoulders.

A.

- a) $\frac{3}{4}$ double arm circle inward and double horizontal hand circle inward left above.....1— 2
 Repeat3— 4
 b) One hand circle inward left, back of shoulders, together with one arm circle inw. right (front of body)..... 5
 Same with right hand circle inw. back of shoulders and left arm circle front of body..... 6
 Repeat b7— 8
 c) As a and b, but with a swing r. above and with b begin hand circle with the right.....9—16
 Repeat a, b and c continuously.....17—32

B.

- a) $\frac{3}{4}$ double arm circle outw. and double horizontal hand circle outward.....1— 2

- Repeat3— 4
- b) Hand and arm circles as in A, b,, but outward 5— 6
- Repeat b.....7— 8
- c) As a, b, c in A, but outward.....9—32

C.

- Like above, but both to the left (hand circle l.
outw. at 5).....1— 8
- Repeat 3 times.....9—32

D.

- Like C, but both to the right (hand circle r.
outw. at 5).....1— 8
- Repeat 3 times.....9—32

Lesson III.

Horizontal Circles Above and Below Arm, Combined with Dissimilar Arm and Hand Circles Over Opposite Shoulders.

A.

- a) $\frac{3}{4}$ double arm circle to the left..... 1
- b) Double horizontal circles to the left, above the
arms, and turn trunk left..... 2
- follow immediately with:



- c) Double horizontal
under thr arms. 3
- d) and again above
the arms (Fig.
XV) 4

Repeat 3 times and return to starting pos. by
omitting the last two circles.....5—16

Note.—At c change hold from handle to knob, to
enable a smooth execution.

B.

Same but to the right.....1—16

C.

- a, b, c, d, of A.....1— 4
- e) $\frac{1}{2}$ double arm circle left and hand circles back of shoulders5— 6
- f) Right hand circle outward **over** l. shoulder and then **under** shoulder, at the same time the left arm is extended sidew. and executes two hand circles outw.7— 8
- Repeat a to f, 3 times with the 31st and 32nd count, omit the hand circles and return to starting pos.9—32

D.

As C, but to the right1—32

Lesson IV.

Dissimilar Lower Rear, Front Upper and Horizontal Circles.

A.

- a) Swing to the left, lower rear hand circle outw. **left**, together with large arm and front upper hand circle inw. right, both ending to straight arm pos. upw.....1— 2
- Repeat 3 times3— 8
- b) Same but reverse the hand circles, lower rear inw. right the upper outw. left.....9— 16

B.

- Execute a and b once each.....1— 4
- Repeat5— 8
- c) $\frac{3}{4}$ double arm circle l. to pos. sidew. r..... 9
- d) horz. circle inw. right, together with lower $\frac{1}{2}$ arm circle outw. both ending sidew. l..... 10
- e) double lower $\frac{1}{2}$ arm circle to pos. sidew. r..... 11

- f) horz. circle outw. l., together with lower $\frac{1}{2}$ arm
 circle outw. r. both ending to pos. sidew. l. 12
 Repeat c to f. 13—16
 Repeat all of B. 17—32

C.

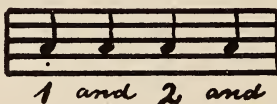
Repeat A and B, but to the right. 1—32

Lesson V.

Follow (Mill) Circles.

The **Follow** or commonly called **Mill** circles consist of arm or hand circles in the same direction executed successively.

Compare the rythm with a measure in music, containing 4 notes, two notes having the value of one count, thus:



The counts **one**, **two** etc. are the leading movements, while **"and"** designates the same movement followed by the other arm.

PREPARATORY EXERCISES.

Cross Circles.

Both arms extended upward:

- 1 Large arm circle forw. left — 1, follow with right ("and") continue. 1— 8
- 2 Same backward 1— 8
- 3 Large arm circle forw. left — 1, follow arm circle with right "and" hand circle forw. l. height of shoulders bent arm — 2, follow with right hand circle "and" continue. 1— 8

- 4 Large arm circle forw. l. — 1, follow with r. forw. passing on l. side, turn trunk l. “and” hand circle inw. l. back of l. shoulder—2, follow with r. hand circle forw. outside of arm, turn trunk forw. again “and” continue.....1— 8
- 5 Same on opposite side.....1— 8
- 6 4 and 5 alternately 1—16

Lesson VI.

Follow or Mill Arm and Hand Circles Inward and Outward in Front of Body.

- 1 Small arm circle left inw.—1, follow with right inw. “and” 4 times=4 counts.....1— 4
- 2 Front lower hand circle l. inw.—1, follow with right inw. “and” 4 times=4 counts.....5— 8
- 3 Large arm circle l. inw.—1, follow with r. inw. “and” 4 times=4 counts.....9—12
- 4 Front upper hand circle l. inw.—1, follow with r. inw. “and” 4 times=4 counts.....13—16
- 5 Large arm circle l. inw.—1, follow with r. arm circle inw. “and” hand circle l. inw. back of shoulders—2, follow with r. hand circle backw. “and” 4 times=8 counts.....17—24
- 6 $\frac{1}{2}$ arm circle l. inw.—1, follow same with l. inw. “and” horizontal hand circle l. inw.—2, follow same with right “and” 4 times=8 counts....25—32

Note.—Ex. 1—6 to be executed consecutively returning to starting pos. with the 32nd count.

Exercise 1—6 same but outward.....1—32

Lesson VII.

Follow Circles to the Left and Right.

A.

- a) Arm circle right inw.—1, followed by arm circle l. outw. “and” hand circle r. inw. back of shoul-

- der—2, followed by hand circle l. outw. back of shoulder “and” turn trunk l. and two follow circles forward outside of bent arms.....3— 4
 Repeat5— 8
- b) Arm circle r. inw.—9, followed by arm circle l. outw. “and” hand circle r. outw. **over left** shoulder—10, followed by hand circle outw. back of the sideways extended arm “and”
 Continue and repeat 3 times.....11—16
 Repeat a and b continuously.....17—64

B.

Same but to the right64 c.

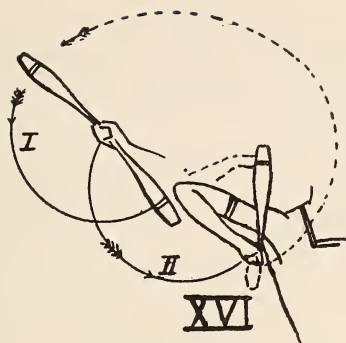
Lesson VIII.

Single and Double Spirals or Serpents.

These exercises are considered difficult for class work, but if the leader is master of them, and develops the movements carefully and by degrees, it is surprising how soon the student learns them.

Single spiral (2 counts).

- 1 a) Arm circle right outw. to obl. pos. sidew. upw. 1
- b) Drop club in front of fore-arm, changing to a firm hold, and lead hand to r. shoulder, club is now in a vertical pos.
- c) Lead hand and club over r. shoulder and fling club outw. (similar to hand circle outward back of shoulder) to obl. pos. upw. (Fig. XVI) 2

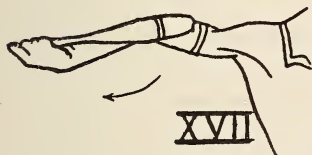


Continue in two counts to..... 16

Return to starting pos. with 16

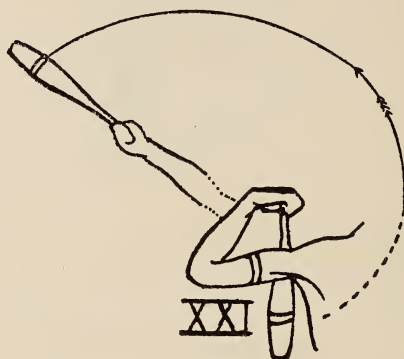
2 Same with left, then with both arms

Double Spiral—4 counts.



- 1 a) Arm circle r. inw. to pos. sidew. and immediately fling horz. backw. to a horz. pos. above arm (Fig. XVII).....1— 2
- b) Circle club horizontally forw., then under the arm horizontally. (Fig. XVIII, XIX and XX) 3

- c) Lead hand and club over r. shoulder and fling club outw. to obl. pos. and circle downward to horz., bent arm pos. front of chest (Fig. XXI) 4



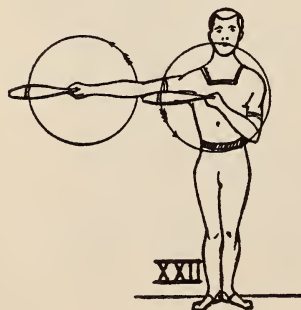
- Repeat 3 times 5—16
2 Same with the left, then with both arms.

Lesson IX.

Combinations including single spiral and horizontal follow circles.

A.

- a) Double arm circle to the right, with hand circles right back of the extended arm and left in front of right shoulder (Fig. XXII) 1—2



- b) Right arm swings single spiral, while the left swings an arm circle inward, and hand circle inw. back of shoulders... 3—4

| | |
|-----------------------|-------|
| Repeat 3 times | 5—16 |
| Same to the left..... | 17—32 |

B.

| | |
|---|------|
| As a and b of A..... | 1— 4 |
| c) Double horizontal arm and hand circle to the right in a follow movement..... | 5— 6 |
| d) Repeat c | 7— 8 |
| Repeat a—d 3 times | 9—32 |
| Same to the left..... | 1—32 |

Lesson X.

Various combinations including the double spiral.

A.

| | |
|---|-------|
| a) Double arm circle inw. with double front lower hand circle | 1— 2 |
| b) Double arm circle inw. to pos. sidew. and tilt on fore-arms | 3— 4 |
| c) Double $\frac{1}{2}$ arm circle outw., arms crossed height of shoulders, horizontal double spiral movement outward, club passes under and over the arm and ends back of shoulder | 5— 6 |
| d) Double $\frac{1}{2}$ arm circle outw. to starting pos..... | 7— 8 |
| e) Double $\frac{1}{2}$ arm circle outw. with double spiral movement as in c..... | 9—10 |
| f) Double $\frac{1}{2}$ arm circle outw., and tilt clubs on fore-arms front of chest..... | 11—12 |
| g) Double $\frac{1}{2}$ arm circle inward with front lower hand circle | 13—14 |
| h) Double large arm circle inw. to starting pos.. | 15—16 |
| Repeat | 17—32 |

B.

| | |
|---|------|
| a) Double arm circle inw., and horizontal hand circle inw. arms front of chest..... | 1— 2 |
|---|------|

- b) Double $\frac{1}{2}$ arm circle **inw.** to pos. sidew. and tilt
on fore-arms 3— 4
- c) d) Spiral movement as **c—d** in A..... 5— 8
- e) f) Spiral movement as **e—f** in A..... 9—12
- g) Double $\frac{1}{2}$ arm circle **inw.** with horizontal circle
as in a.....13—14
- h) Double large arm circle **inw.** to starting pos..15—16
- Repeat17—32

C.

- a) Double arm circle **inw.** and hand circle back
of shoulders 1— 2
- b) Double arm circle **inw.** to pos. sideways, and
tilt clubs on fore-arms 3— 4
- c, d) Spiral movement as **c—d** in A..... 5— 8
- e, f) Spiral movement as **e—f** in A, (tilt on fore-
arms) 9—12
- g) Double $\frac{1}{2}$ arm circle **inw.** and hand circle back
of shoulders13—14
- h) Double large arm circle **inw.** to starting pos..15—16
- Repeat17—32

D.

- a) Double arm circle **inw.** and lower rear hand
circles 1— 2
- b) Double arm circle **inw.** to pos. sidew. and tilt
clubs on fore-arms 3— 4
- c, d) Spiral movement etc. as **c, d** in A..... 5— 8
- e, f) Spiral movement etc. as **e, f** in A (on fore-
arms) 9—12
- g) Double $\frac{1}{2}$ arm circle **inw.** and lower rear hand
circle13—14
- h) Double large arm circle **inw.** to starting pos..15—16
- Repeat17—32

Exhibition Drills

Contributed by the Physical Directors:

FRANK GERLICH,

Waller High School, Chicago, Ill.

HENRY SUDER,

Supervisor of Physical Education, Chicago, Ill.

JOS. CERMACK,

Medill High School, Chicago, Ill.

A. E. KINDERVATER,

Supervisor of Physical Training, St. Louis, Mo.

C. F. WEEGE, M. D.

Farragut High School, Chicago, Ill.

C. F. KOCH,

Public Schools, Pittsburg, Pa.

Exhibition Drill with one club

—by—

F. GERLICH.

Starting pos.: Club in right hand, left hand on hip.

Part I.

- Ex. 1. Small arm circle right, outw. 1—2; repeat. 3— 4 with the 4th count swing club outw. to horizontal pos. in front of chest, l. hand grasps the base end, the right hand the knob. (Fig. 1.)

Place r. foot backw., bend trunk forw. and
straighten arms downw. (Fig. 2)..... 5

Raise and return foot 6; 5 and 6 to be
repeated 7— 8

With the 8th count change club in start-
ing pos. to the l. hand, r. hand on hip, and
repeat same 9—16

Repeat right and left17—32

Note.—The changing of the starting pos., from l.
to r. and r. to l. will hereafter be considered self-
evident in all the exercises.



Ex. 2. Small arm circle r. inw. 1—2; repeat.. 3— 4
with the 4th count in front of chest as
above. Place r. foot forw., bend trunk
backw. and straighten arms upw. (Fig. 3) 5
Raise and return, 6; 5—6 to be repeated. 7— 8
Change club and repeat with left..... 9—16
Repeat right and left17—32

Ex. 3. Three large arm circles r. outw., 4th count
front of chest 1— 4
Place r. foot sidew., bend trunk sidew. r.
and straighten arms upw. (Fig. 4)..... 5

Return 6, 5—6 to be repeated..... 7— 8
 Change club and repeat to the left..... 9—16
 Repeat right and left17—32

- Ex. 4. Three large arm circles inw., 4th count
 front of chest 1— 4
 Cross r. foot backw., turn trunk r. and
 straighten arms forw., 5; return 6; 5—6
 to be repeated 7— 8
 Change club and repeat to left..... 9—16
 Repeat right and left17—32

Part II.

- Ex. 1. Arm circle outw. l. and tilt club on bent
 arm front of chest 1—2; straighten club
 outw. from the bent arm pos. and repeat 3— 4
 $\frac{3}{4}$ circle outw. to bent arm pos. front of
 chest, club straight in line with fore-arm
 together with stride sidw. l., 5; cross r.
 foot backw. and bend l. knee, turn trunk
 to the right, and incline forw., 6; Stride r.
 sidw. and close l., and swing club to
 starting pos., and change club to r. hand. 7— 8
 Repeat right 9—16
 Repeat right and left17—32



- Ex. 2. As , but inward 1— 4
 swing inw. l. to horiz. pos. overhead to-
 gether with stride sidew. l. 5
 Cross r. foot backw., bend l. knee, bend
 trunk backw. and turn trunk r. as in Ex. 1 6
 Return with circle outw. and change club
 to r. hand 7— 8
 Repeat left 9—16
 Repeat right and left 17—32
- Ex. 3. Arm circle outw. l. and tilt club on bent
 arm 1— 2
 Circle inw. to pos. sidew. and tilt club on
 fore-arm 3— 4
 Stride sidew. l., cross r. foot backw., and
 bend l. knee together with circle outw. l.,
 and place body of club in r. hand (Fig. 5) 5— 6
 Wind right downw., bend trunk forw.,
 base of club touching floor, trunk is
 turned to right (Fig. 6)..... 7



- Return rewind and change club to r. hand,
 and close foot 8
 Repeat to the right 9—16
 Repeat left and right 17—32

- Ex. 4. Same as Ex. 3..... 1— 4
 Same but wind upw., and bend trunk
 backw., trunk is turned r. (Fig. 7)..... 5— 8
 Repeat right 9—16
 Repeat left and right17—32

Part III.

- Ex. 1. Arm and front lower hand circle **outw.** left 1— 2
 Repeat 3— 4
 Continue circle outw. to pos. sidew. obl.
 upw., bend arm and place base of club on
 shoulder, together with following foot
 exercise:
 Stride l. sidew.; stride right backw. and
 kneel r. (Fig. 8)..... 5— 6
 rise and return to pos..... 7— 8
 Same to right 9—16
 Repeat17—32
- Ex. 2. As Ex. 1, but circle **inw.**..... 1— 4
 Continue arm circle to pos. upw., drop,
 club against fore-arm, together with fol-
 lowing foot ex.:
 Stride l. sidew., $\frac{1}{4}$ turn r., stride right
 backw. on toes and kneel left (Fig. 9)... 5— 6
 Rise to fundamental pos. and swing upw.
 to starting pos. and change..... 7— 8
 Same to right 9—16
 Repeat17—32
- Ex. 3. Arm circle and horiz. hand circle **outw.**
 l. to pos. sidew..... 1— 2
 $\frac{1}{4}$ arm circle with front lower hand circle. 3— 4
 continue arm circle outw. to pos. sidew.
 obl. upw., lunge sidew. l. and remain in
 pos. 5— 6

| | | |
|--------|--|-------|
| | Return to pos. circle outw., and change to right | 7— 8 |
| | Same to right | 9—16 |
| | Repeat | 17—32 |
| Ex. 4. | As ex. 4, but inward..... | 1— 4 |
| | $\frac{1}{4}$ turn l., lunge l. forw. and raise club forward obl. upw..... | 5 |
| | Remain in pos. | 6 |
| | Return to pos. and swing outw..... | 7— 8 |
| | Same to right | 9—16 |
| | Repeat | 17—32 |

Note.—Eyes to be turned towards club.

Exhibition Drill

—by—

HENRY SUDER.

Part I.

Clubs to starting pos.!

Ex. 1.

- a) Arm and front lower hand circle left inw..... 1— 2
 Arm and front lower hand circle right inw..... 3— 4
- b) Same with both clubs and repeat..... 5— 8
- c) double arm circle inw. to pos. sidw. and tilt clubs on fore-arms..... 9
- d) move fore-arms towards chest and rise on toes 10
- e) extend sideways and lower heels..... 11
- f) clubs to starting pos..... 12
- g) swing clubs backw. obl. downw. to the l. and lunge forw. r. and remain in pos.....13, 14, 15
 Return to starting pos. with the 16th count.

Ex. 2.

Like ex. 1, but with "g" swing clubs backw.
obl. downw. to the r. and lunge forw. l. 1—16

Note.—The following exercises are based upon the first exercise, but different arm and hand circles are substituted and trunk, leg or foot exercises have been changed.

Ex. 3.

Like ex. 1, but with a, b, substitute arm and hand circles inw. back of shoulders; with "d" bend trunk forw., with "g" swing clubs backw. obl. upw. to the l. and lunge backw. l.

Ex. 4.

Like ex. 3, but with "g" swing clubs backw. obl. upw. to the r. and lunge backw. r.

Ex. 5.

Like ex. 1, but with a, b, substitute arm and front upper hand circles; with "d" bend knees; with "g" swing clubs sidew. obl. downw. to the left and lunge sidew. right.

Ex. 6.

Like ex. 5, but with "g" swing clubs sidew. obl. downw. right and lunge sidew. left.

Ex. 7.

Like ex. 1, but with a, b, substitute rear lower hand circles, with "d" bend trunk backw., with "g" swing clubs sidew. obl. upw. to the l. and lunge sidew. right.

Ex. 8.

Like ex. 7, but with "g" swing clubs sidew. obl. upw. to the right and lunge sidew. left.

Part II.

Ex. 1.

- a) Arm and front lower hand circle left outw. 1— 2
 Arm and front lower hand circle right inw. 3— 4
- b) Same with both clubs to the left and repeat. 5— 8
- c) Double arm circle to the l. to pos. sidew. right,
 and tilt clubs on fore-arms and place l. foot
 sidew. 9
- d) Move arms to the l. and rise on toes. 10
- e) Move arms sidew. to the r. and place r. foot
 sidew. 11
- f) Clubs to starting pos. and replace l. foot. 12
- g) Raise l. club overhead to "strike" and swing r.
 club, backw. obl. down and lunge forw. l. and
 remain in pos. 13, 14, 15
 Return to starting pos. with the 16th count.

Ex. 2.

Like ex. 1, but at "c" place r. foot sidew. and at "g" raise
 r. club to "strike" overhead and swing l. club backw.
 obl. downw.

Ex. 3.

Like ex. 1, but with a, b, substitute arm and hand circles
 to the left back of shoulders; with "c" bend trunk
 sidew. l.; with "g" raise l. club overhead to "strike",
 swing r. club sidew. obl. downw. to the r. and lunge
 sidew. l.

Ex. 4.

Like ex. 3, but at "c" place r. foot sidew. and bend trunk
 sidew. right; with "g" raise r. club to "strike" over-
 head, swing l. club sidew. obl. downw. and lunge
 sidew. right.

Ex. 5.

Like ex. 1, but substitute arm and lower rear hand circles; with "c" place l. foot sidew. cross r. foot backw. with bending of knees and bending of trunk forw.; at "g" raise l. club over r. shoulder to strike, right club across small of back, and lunge forw. l.

Ex. 6.

Like ex. 5, but vice-versa.

Ex. 7.

Like ex. 1, but substitute arm and horizontal hand circle forw. from r. to l.; with "c" place l. foot sidew. cross r. foot backw. and bend trunk backw., at "g" raise r. club over l. shoulder to strike, r. club behind back and lunge backw. l.

Ex. 8.

Like ex. 7, but vice-versa.

Exhibition Drill

—by—

JOS. CERMAK.

Part I.

A.

- a) Double $\frac{1}{2}$ arm circle to the right to pos. forw. and tilt clubs on fore-arms together with stride sideways right and $\frac{1}{4}$ turn l. and stride backw. 1. . . . 1— 2
- b) Double $\frac{1}{2}$ arm circle forw. and $\frac{1}{2}$ turn l. arms to pos. forw. and tilt clubs on fore-arms. 3— 4

- c) Double $\frac{1}{2}$ arm circle forw. and step forw. right, arms to pos. sidew. l. and tilt clubs on fore-arms with a $\frac{1}{4}$ turn to l. and close l. heel to r.5— 6
- d) Double $\frac{1}{2}$ arm circle to l. to pos. sidew. r. and horz. circle forw. from r. to l. arms sidew. l.7— 8
Without returning to starting pos. continue.

B.

- a) Two follow steps sidew. l. together with four double front lower hand circles to l.1— 4
- b) Swing sidew. obl. upw. to r. in pos. and lunge sidew. l., bend trunk sidew. l. and remain.5— 6
- c) Change pos. by swinging clubs downw. to obl. pos. upw. left, and bend r. knee, and remain.7— 8
Start the first movement of C and close r. foot to l. to fundamental pos.

C.

- a) Double arm circle left 1
- b) Hand circle outw. l. together with large arm circle inw. r. 2
- c) Double arm circle left 3
- d) Hand circle inw. r. together with large arm circle outw. l. 4
- e) Alternate b and d.5— 6
- f) As e but in follow (mill) time and finish by extending to the right7— 8
Repeat to the right9—16

D.

Repeat A, B, C to the right.64 c.

Part II.

A.

- a) Double lower $\frac{1}{2}$ arm circle from r. to l. and l. to r. height of shoulders and repeat1— 4
together with the following "balancing" steps:
- a) Step sidew. l. and cross r. foot in front and rise

- on toes, same right and repeat l. and r. 1— 4
- b) Step sidw. l. 5; swing right inw. (crosswise)
hop on left, execute a $\frac{3}{4}$ turn to left and place r.
foot backw. 6, place l. foot backw. and kneel left
7, rise and straighten knees at. 8
together with the following club movement:
- b) Double lower $\frac{1}{2}$ arm circle from r. to l. to pos.
forw. and tilt on fore-arms 5, double lower $\frac{1}{2}$ arm
circle r. to l. to pos. forw. with the $\frac{3}{4}$ turn 6, tilt
on fore-arms with the kneeling. 7
hand circles forw. outside of arms and rise. 8
- c) Step forw. l. and $\frac{1}{2}$ turn right, together with
c) double lower $\frac{1}{2}$ arm circle to pos. forw. and tilt
on fore-arms 9—10
- d) Step backw. r. $\frac{1}{4}$ turn to front and close l. foot
to r. 11—12 together with:
- d) Double lower $\frac{1}{2}$ arm circle to pos. sidw. r. and
tilt on forearms 11—12
- e) Double lower $\frac{1}{2}$ arm circle to pos. sidw. l. 13
double horz. circle to pos. sidw. r. 14
double lower $\frac{1}{2}$ arm circle to pos. sidw. l. and
tilt on fore-arms 15—16

B.

- a) Double arm circle to the left. 1
- b) Left arm circle outw. together with **right** hand
circle outw. back of **left** shoulder. 2
- c) Double arm circle to the left. 3
- d) Right arm circle inw. together with **left** hand
circle **inw.** back of **right** shoulder 4
- e) Left arm circle outw. together with **right** hand
circle outw. back of **left** shoulder 5
- f) Right arm circle inw. together with left hand
circle outw. back of l. shoulder. 6
- In follow or mill time: r. club leading.

- g) Arm circle inw. right 7
 follow arm circle outw. "and"; hand circle outw.
 r. over l. shoulder 8; follow outw. right back of
 l. shoulder "and".

C.

Repeat A, starting to the right.....1—16
 Repeat B, starting to the right1—16

Part III.

- a) Double $\frac{1}{2}$ arm circle forw. downw. along r. side
 to pos. forw. and tilt clubs on fore-arms.....1— 2
 together with stride pos. backw. r..... 1
 $\frac{1}{2}$ turn to the right 2
 b) Arm circle as a, together with step forw. l, $\frac{1}{2}$ turn
 to the r. and close r.....3— 4
 Repeat a and b on opposite sides.....5— 8

B.

- a) March forw. 4 steps and swing 4 double hand
 circles forw. outside of arms, height of shoulders 1— 4
 b) Lunge forw. l. swing clubs downw. obl. backw.
 trunk inclines forw.....5— 6
 c) Change pos. of knees, swing clubs forw. obl.
 upw. trunk inclines backw.....7— 8

C.

Right foot is closed forw. to fundamental pos.
 and continue:

- a) Double arm circle forw. both passing on l. side 1
 b) One hand circle forw. l. together with one large
 arm circle forw. right 2
 Repeat a and b, to opposite sides.....3— 4
 c) Double arm circle forw. both clubs passing on l.
 side 5; repeat on r. side..... 6
 In follow (mill) time:

- d) Right large arm circle forw. on l. side, under l. arm, 7; left, large arm circle forw. on r. side over r. arm "and" one r. hand circle forw. height of shoulder, 8; one l. hand circle forw. outside of arm "and".
Repeat a to d9—16

D.

- Repeat A, but begin with stride backw. l.1— 8
Repeat B, but begin with right1— 8

Part IV.

A.

- a) Double $\frac{1}{2}$ arm circle forw. backw. on l. side of body, r. height of hips, l. height of shoulders.... 1
swing clubs forw. height of shoulders..... 2
together with the following "balancing" steps:
a) Step backw. l. and cross r. foot in front..... 1
step forw. r. and cross l. foot in rear 2
Repeat3— 4
b) Stride forw. l., swing r. leg forw. and leap forw. with $\frac{1}{2}$ turn to the l. and place r. leg in stride pos. backw.5— 6
together with following club ex.:
b) Double $\frac{1}{2}$ arm circle forw. to pos. forw. and tilt on fore-arms and repeat.....5— 6
c) Move l. foot backw. and kneel on l. (tilt)..... 7
d) Rise, straighten knees and double hand circle forw. outside of arms, height of shoulders 8
e) Stride forw. l. and $\frac{1}{2}$ turn to the right, together with double $\frac{1}{2}$ arm circle forw. on r. side of body and tilt on fore-arms9—10
f) Stride backw. r. at the same time execute $\frac{1}{2}$ turn to the r. and double lower $\frac{1}{2}$ arm circle to pos. forw. 11

| | |
|--|-------|
| g) Close l. foot to r. and tilt clubs on fore-arms.... | 12 |
| h) Double hand circle forw. height of shoulders outside of arms | 13 |
| i) Double arm circle downw. backw..... | 14 |
| k) Swing forw. and double hand circle backw. out- side of forw. extended arms and tilt on fore- arms | 15—16 |

B.

| | |
|--|------|
| a) Double arm circle forw. both clubs passing on l. side of body | 1 |
| b) One large arm circle forw. r. (or r. side) to- gether with one hand circle forw. outside of arms, height of shoulders | 2 |
| c) Double arm circle forw., both clubs passing on r. side | 3 |
| d) One large arm circle forw. l. (on l. side) together with one hand circle forw. r..... | 4 |
| e) Right arm circle forw. together with l. hand circle over the right shoulder | 5 |
| f) Left arm circle forw. together with right hand circle over l. shoulder..... | 6 |
| In follow (mill) time: | |
| g) Right arm circle forw. r. 7; followed by left arm circle forw. l. both passing on right side "and" | |
| h) One r. hand circle side of l. shoulder..... | 8 |
| One l. hand circle side of l. shoulder "and" | |
| Repeat | 9—16 |

C.

| | |
|--|------|
| Repeat A. to opposite directions | 1—16 |
| Repeat B. to opposite directions | 1—16 |

Exhibition Drill

Exhibited by 9 Turners of the St. Louis District at the
11th German Festival, held at Frankfurt, a. M., 1908.

A. E. Kindervater, Director.

The clubs were illuminated by electricity and showing our national colors, red, white and blue. They were of special construction, hollowed out with slits cut to show the inside bulbs, one protruding at the base end, red; the two inside were white and blue. The wiring was lead through the sleeves down the trousers, and connected with a switch, from which the special effects as to colors were regulated.

In the Parts 1, III, IV the exercises are executed from the starting pos.

In Part II they begin from the Fundamental pos.

The musical accompaniment for the different parts consisted of the following airs:

Part I—"O Columbia, the Gem of the Ocean".

Part II—"Watch on the Rhine."

Part III—"Yankee Doodle".

Part IV—"Frisch, Stark, Treu".

Part I.

Air: "O Columbia, the Gem of the Ocean."

First Group.

| | | | |
|------------|-----|-------|------|
| Formation: | 1 | 2 | 3 |
| | Red | White | Blue |

1. Exercise.

- a) $\frac{3}{4}$ arm circle left, outw., tilt, club on bent arm front of chest; return $\frac{1}{2}$ arm circle inw. to pos. sidew., and tilt club on fore-arm 1—4

- 1½ large arm circle outw. to starting pos. 5— 8
 b) Same with right 9—16
 c) Same outward with both clubs, twice.....17—32

2. Exercise.

Like 1. Ex., but inward 1—32

3. Exercise.

- a) $\frac{3}{4}$ double arm circle to the left, to pos. sidew.
 right, and tilt clubs on fore-arms..... 1— 2
 Same to the right 3— 4
 Stretch arm and clubs upw. successively,
 according to colors, red, on count..... 5
 white, on count 6
 blue, on count 7
 Lower clubs to starting pos., on count..... 8
 b) As a, but begin to the right..... 9—16
 c) Repeat a and b.....17—32

Second Group.

1. Exercise.

- a) Large arm circle left outward, and hand circle
 outw. back of shoulders, twice..... 1— 4
 Two large arm circles outw. to starting pos.... 5— 8
 b) Same with right..... 9—16
 c) Same with both, clubs outw., twice.....17—32

2. Exercise.

Like 1. Ex., but inward 1—32

3. Exercise.

- a) Double arm circle to the left, with hand circle
 back to shoulders, twice..... 1— 4
 Stretch arms and clubs upw. successively ac-
 cord. to colors, red, white and blue, as Ex. 3 in
 First Group 5— 8

- b) As a, but begin to the right 9—16
- c) Repeat a and b.....17—32

Third Group.

1. Exercise.

- a) Large arm circle left, outw. and hand circle
outw. back of shoulders 1— 2
One front lower hand circle, and two front up-
per, with straight arm 3— 6
With large arm circle outw. to starting pos.... 7— 8
- b) Same to the right 9—16
- c) Same outw., with both clubs, twice.....17—32

2. Exercise.

Like 1. Ex., but inward 1—32

3. Exercise.

- a) Double arm circle to the left, and double hand
circle back of shoulders 1— 2
One front lower hand circle, and 3 front upper
with straight arms 3— 7
Lower clubs to starting pos. on 8th count.
- b) Same to the right 9—16
- c) Repeat a and b.....17—32

Part II.

In this part only 8 participants were needed; the 9th disappearing.

Air: "Watch on the Rhine".

First Group.

Formation: 1 — 2 — 1 — 2. Fundamental pos.

1. Exercise.

- a) Lunge forw. left, and raise 1. club forw. obl.
upw. the right club backw. obl. down..... 1— 4

- b) Lunge forw. right, and change pos. of arms.... 5— 8
 - c) Return to pos. **a**, and “cover” head with l. club 9—12
 - d) Lower clubs, and mark time 4 steps with $\frac{1}{2}$ turn
right (all facing to rear)13—16
- Repeat **a—d**, (finish by facing “front” again)..17—32

2. Exercise.

- a) Lunge forw. left, and raise both clubs forw. obl.
upw. 1— 4
 - b) Lunge forw. right, and lower both clubs obl.
downw. backw. on left side..... 5— 8
 - c) Return to lunging pos. **a**, and “cover” head left,
right club downw. obl. backw..... 9—12
 - d) Lower clubs, return l. foot and mark time 4
steps with $\frac{1}{2}$ turn right (all facing to rear)....13—16
- Repeat **a—d**, (finish by facing “front” again)..17—32

3. Exercise.

- a) Lunge forward left, clubs downw. obl. outw.
backw. 1— 4
- b) Lunge forw. right, clubs over l. shoulder to
“striking” pos. 5— 8
- c) Like **a** 9—12
- d) Fundamental pos.13—16

Second Group.

1. Exercise.

- a) Lunge sidew. left, and raise l. club sidew. obl.
upw., the right sidew. obl. downw..... 1— 4
 - b) Lunge right, crossing front of left, turn trunk
somewhat to the left, and change pos. of arms
and clubs 5— 8
 - c) Like **a** 9—12
 - d) Return to pos.13—16
- Repeat **a—d** to opposite direction17—32

2. Exercise.

- a) Like 1. Ex., but files execute the movements towards the center 1— 4
- b) The inner files like b. of 1. Ex.; the outer files same, but add kneeling on inner knee..... 5— 8
- c) Like a 9—12
- d) Return to pos.13—16

3. Exercise.

- a) Like 2. Ex., but 1. and 2. file execute the movement inward, the 3. and 4. file same (clubs crossed) 1— 4
- b) Change pos. like 2. Ex. b 5— 8
- c) Like a 9—12
- d) Return to pos.13—16

Third Group.

Change of Formation: 

1. Exercise.

- a) Lunge forw. 1. and raise l. club forw. obl. upw. the right club obl. downw. backw..... 1— 4
- b) 1. Files: Lunge forw. right, and raise r. club to strike, & lower l. club obl. backw.
2. Files: Stride backw. l. and kneel right, and raise r. club to "cover" head, l. obl. downw. backw.
- c) Like a and b..... 9—12
- d) Fundamental pos.13—16
Repeat a—d, but in b 1. and 2. files change exercises17—32

2. Exercise.

- a) Lunge forw., l. clubs obl. downw. backw. on l. side 1— 4

- b) 1. Files: Lunge forw. r. and raise clubs over
l. shoulder to strike
2. Files: Stride backw. and kneel l., cover
head with l. club, and cover chest
with r. club..... 5— 8
- c) Like a 9—12
- d) Fundamental pos.13—16
Repeat a—d, but in b 1. and 2. files change
exercises17—32

3. Exercise.

- a) The 4 file members of each column lunge forw.
left toward the center of 2 squares, l. club forw.
obl. upw., right club obl. downw. backw..... 1— 4
- b) Lunge r. forw. towards center, and change pos.
of clubs, forming 2 pyramids 5— 8
- c) Like a 9—12
- d) Fundamental pos.13—16

Note.—All exercises were executed with the precision of attack and defense in fencing, inspired by the German national air.

Part III.

Air: "Yankee Doodle."

Formation changed 1, 2, 3, as in Part I.

1. Exercise.

- a) Large arm circle outw. in follow or mill movement, beginning with left, end both arms upw. 1— 8
- b) Four upper hand circles continued 9—12
- c) Two hand circles outw., arms sideways.....13—14
- d) Double arm circle outw. to starting pos.....15—16
Repeat a—d17—32

2. Exercise.

Like 1. Ex., but all inw. and repeat..... 1—32

3. Exercise.

- a) Like a in 1. Ex. 1— 8
- b) Hand circles in front in "mill" movement, describing the figure 8 9—16
- c, d) Repeat a and b. 17—32

4. Exercise.

- a) Like a in 2. Ex. 1— 8
- b) Hand circles inw. in "mill" movement, with straight arm and lowering gradually to the pos. sidew. 9—14
- c) $\frac{1}{2}$ double arm circle outw. to starting pos. 15—16
- Repeat a—c 17—32

Part IV.

Air: "Frisch, Stark, Treu."

Formation as in Part III: 1, 2, 3.

1. Exercise.

- a) Double arm circle left, and double hand circle left back of shoulders, and repeat. 1— 4
- b) "Swing over" to the right on 4th count, and repeat a, to the right. 5— 8
- "Swing over" on 8th count, and
- c) Two large double arm circles to the left with 2 after steps sidew. 1. 9—12
- d) Repeat c to the right 13—16

2. Exercise.

- a) Arm circle left outw. together with hand circle right outw. back of shoulders, 1; change l. hand circle and r. arm circle, 2; repeat 3 times and execute continuously 1— 8
- b) Same inward 9—16

3. Exercise.

- a) Double arm circle outw. with double hand circles back of arms straightened sideways... 1— 2
 $\frac{3}{4}$ large double arm circle outw. to straight arm pos. upw. 3— 4
 Repeat and return to starting pos..... 5— 8
 b) Same, but inward 9—16
 c—d) Reperat a and b 17—32

4. Exercise.

- a) Double arm circle and double hand circle back of shoulders to the left 1— 2
 $\frac{1}{2}$ double arm circle and front lower hand circle 3— 4
 4-4 double arm circle and front upper hand circle 5— 6
 $\frac{1}{2}$ double arm circle and return to starting pos. 7— 8
Note.—All double arm and hand circles are to the left.
 b) Like a, to the right..... 9—16

5. Exercise.

Like Ex. 4, but all arm and hand circles outw. 1—16

6. and 7. Exercise.

Repeat Ex. 4 and 5..... 1—32

8. Exercise.

- a) Double arm circle left, and double hand circle left, back of shoulders 1— 2
 Hand circle inw. left, back of shoulders together with arm circle r. inw..... 3
 Same vice versa 4
 $\frac{3}{4}$ double arm circle outw., arms cross front of body; double hand circle outw. to pos sidew... 5— 6
 $\frac{3}{4}$ double arm circle to starting pos. 7— 8
 b) Like a, to the right 9—16

9. Exercise.

- a) Double arm circle inw., together with double hand circl. inw. back of shoulders..... 1— 2

| | |
|--|------|
| Arm circle l. in front of body together with hand circle inw. right back of shoulders..... | 3 |
| Same vice versa | 4 |
| $\frac{3}{4}$ double arm circle inw. to pos. sideways..... | 5 |
| Double horizontal hand circle inw. to crossed arm pos. | 6 |
| $\frac{3}{4}$ double arm circle inw. to starting pos..... | 7— 8 |
| Repeat all | 9—16 |

10. and 11. Exercises.

Repeat 8. and 9. Exercises1—32

12., 13., 14. and 15. Exercises.

Repeat Ex. 1, 2, 3 and 4.....1—64

FINAL GROUPING:

Blue, White, Red.

Exhibition Drill

By C. F. Weege.

Class Formation: $\frac{1}{\bullet}$ $\frac{2}{\bullet}$ $\frac{3}{\bullet}$ $\frac{1}{\bullet}$ $\frac{2}{\bullet}$ $\frac{3}{\bullet}$
 Outer Center Outer

With a limited space this drill could be performed with 3 files, two outer, and one center; but 6 or more would be more effective. Clubs are carried under the arms, hands on small of back during the marching.

Salute: Remain in Place 1—4; with the 5th count, swing arms forw.; 6th count execute hand circle forw. outside of arms; 7th count hand circles forw. inside of arms; 8th count hand circle forw. outside of arms and starting pos.

Part I.

Center Files.

A.

- 1—2 Double arm circle inw.
and double hand circle
inw. back of shoulders.
- 3—4 Two hand circles inw.
back of shoulders with
right, while left swings
arm circle in front and
hand circle back of should-
ers.
- 5—6 Same as 1—2.
- 7—8 As 3—4, but circles
vice-versa.
- 9—16 Repeat.

B.

- 1—2 Double arm circles in-
wards to pos. sidew., and
tilt clubs on fore arms.
- 3—4 Double arm circles
outw. and tilt clubs on
bent fore-arms, front of
chest.
- 5—8 Repeat 1—4.
- 9 Arm circle l. inw. to-
gether with hand circle r.
inw. back of shoulders.
- 10 Same vice-versa.
- 11—16 Movements of 9 and
10 to be repeated 3 times.

Outer Files.

A.

Outer files execute same
but outward.

B.

Outer files execute same,
but outw.

Center Files.

C.

- 1—2 Double arm circle and front lower hand circle inw.
- 3 Double rear lower hand circle.
- 4 Front lower hand circle.
- 5 Double hand circles inw. back of shoulders.
- 6 Double hand circles inw. in front of shoulders.
- 7 Double hand circles inw. behind shoulders.
- 8 Double hand circles inw. in front of shoulders.
- 9—16 Repeat.

D.

- 1—2 Double arm circle and hand circle back of shoulders, to the left.
- 3—4 Two hand circles left outw. back of shoulders, while the right swings two arm circles inward.
- 5—8 Repeat 1—4.
- 9 One hand circle left outw. back of shoulders together with one front arm circle inw.
- 10 One hand circle right inw. back of shoulders together with one front arm circle outw.

Outer Files.

C.

- 1—2 Double arm circle and front upper hand circle outw. (straight arms).
- 3—4 Repeat.
- 5—6 Double arm circles and front lower hand circles outw.
- 7—8 Repeat 5—6.

- 9—10 Repeat.

D.

- 1—8 Same as center, but to different directions, viz.:
First file swings to the right.
Third file swings to the left.
- 9—16 Same dissimilar movements to the following directions:
First file to the right.
Third file to the left.
- 11—16 The dissimilar movements, of 9 and 10 to be repeated.

Center Files.

E.

- 1—2 Double arm circle and front lower hand circles to the left.
- 3—4 Two lower hand circles with left hand outw., while the right swings lower hand circle in front and lower rear.
- 5—6 Double arm circle left and hand circle left back of shoulders.
- 7—8 Two hand circles left, while the right swings the hand circles in front and back of shoulders.
- 9—16 Repeat 1—8.

F.

- 1—8 Dissimilar double arm circle and front upper hand circle outw. (straight arms).
- Note.**—Left hand circle begins.
- 9—10 Double arm circle outw. and hand circles back of shoulders.
- 11—16 Repeat.

Outer Files.

E.

Second file 1—8 same as First file, beginning to opposite direction.

9—16 Repeat 1—8.

F.

- 1—8 Dissimilar double arm and hand circle outward back of shoulder (bent arms).

Note.—Left hand begins.

9—16 Same as center files

Positions.

1. Pos.: Stride 1, backw. and clubs sidew. obl. down remain until 4th count.
2. Pos.: Stride 1, forward, and clubs crossed overhead remain until 8th count.

3. Pos.: Kneel on right, arms obl. sidew. upward remain until 12th count.
4. Pos.: Fundamental position 13—16 counts.

Finale with Waltz Step.

he 3 members of each rank arrange to a star, execute a 4-4 wheel right with marching or waltz step, right club pointing obl. upw. towards center, left obl. downw. — 8 counts. Turn right about face, execute 4-4, wheel left. Do not change arm pos., the clubs will point obl. downw. to center, 9—16 counts.

Part II.

Center Files.

A.

- 1—2 Double arm circle and rear lower hand circle outw.
- 3—4 Two front lower hand circles.
- 5—6 Two front upper hand circles, straight arms.
- 7—8 Two hand circles back of shoulders, bent arms.
- 9—16 Repeat.

Note. — The directions for the foot movements mentioned for the **outer** files, are for the **first** file; the **third** file begins with the opposite foot.

Outer Files.

A.

- 1—2 Double arm circle inw. to pos. sidew., and tilt on fore-arms.
- 3—4 Same outw. and tilt on bent fore-arms front of chest, together with the following foot movements:
 1. Stride sidew. left,
 2. Cross step right foot backw. with bending of knees,
 3. Step sidew. right,
 4. Cross l. backw. with bending of knees.
- 5—8. Repeat circles with foot movements.
- 9—10 Double arm circle inw. and hand circles back of shoulders.
- 11—16 Repeat 3 times.

Center Files.

B.

- 1—4 Four front upper hand circles outw. **left**, arm straight upw., together with 4 front lower hand circles outw. **right**.
- 5—8 Same but change.
- 9—16 Same but execute only 2 hand circles and change 3 times.

C.

- 1—2 Double arm circle outward and hand circle back of shoulders.
- 3 Hand circle front of shoulders.
- 4 Hand circle back of shoulders.
- 5 **Left** hand circle in front together with **right** hand circle back of shoulders.
- 6 Same, but r. in front l. back.
- 7 Repeat 5—6.
- 8 Repeat 5—6.

Outer Files.

B.

- 1—16 Repeat A.

C.

- 1—2 Double arm circle r. to pos. forw. l. and tilt clubs on fore-arms, together with side stride r. and $\frac{1}{4}$ turn l. and kneel r.
- 3—4 Two hand circles forw. outside of arms, and remain in kneeling pos.
- 5 Rise, and close r. foot to l. (facing towards center files) and swing arm circle forw. downward backw.
- 6 Swing upward vertically and
- 7 Tilt clubs backward on forearms, arms straight
- 8 Hand circles forw. outside of arms.

Center Files.

Note. — The directions for 1st file as previously mentioned.

D.

(cross-circles)

1—2 Double arm circle forw. pass on l. side and hand circle forw. and over r. shoulder.

3—4 Two hand circles forw. outside of arms.

5—8 Same opposite.

9 Double $\frac{1}{2}$ arm circle downw. backw.

10 Swing arms forw. and tilt on

11 fore-arms.

12 Hand circles forw. outside of arms.

13 Hand circles backw. outside of arms.

14 Tilt left club on l. forearm while r. club swings 4-4 hand circle backw. inside of arm.

15 Left club swings l. hand circle forw. outside of arm, while r. club tilts on forearm.

16 Both hands circles forw. outside of arms.

Outer Files.

9—16 $\frac{1}{4}$ turn right and repeat as above to opposite direction (end by facing to front).

D.

1—2 Double arm circle to r., turn trunk l. and double hand circle forw.

3—4 Same opposite.

5—8 Repeat.

9—10 Double arm circle to r. with hand circles back of shoulders.

11—16 Repeat 3 times.

Note.—The 3rd file begins to opposite directions.

Center Files.

E.

Repeat A, B, C, D.
80 counts.

Outer Files.

E.

Repeat A, B, C, D.
80 counts.

Positions for Center Files.

1. Pos.: Place r. foot backw. l. bent, r. arm obl. backw. downw., l. arm to "cover" head and remain 1— 4
2. Pos.: Lunge forw. r., right arm obl. upw., l. arm "parry" chest, (club horizontal front of chest) 5— 8
3. Pos.: Lunge r. backw., r. arm circles downw. to pos. upw., l. arm obl. forw. downw. (parry l. flank) 9—12
4. Pos.: Lunge forw. right, and kneel l., circle right arm down to pos. forw., l. arm to cover head 13—16

Position for outer files,

to be executed together with center files.

The directions indicated are for the 1. file, the 3. file beginning to opposite directions.

1. Pos.: Lunge l. sidew., l. arm obl. upw. r. obl. down, (toward center) 1— 4
2. Pos.: $\frac{1}{4}$ turn l. lunge forw. r., thrust r. forw., left obl. backw. downw. 5— 8
3. Pos.: Kneel l., bend trunk backw., rest left club on floor, guard right club overhead. 9—12
4. Pos.: Rise and leap to a lunge pos. l. forw., l. arm obl. upw., r. obl. down. 13—16

Exhibition Drill

—by—

C. F. Koch.

I.

| | |
|---|-------|
| Double arm circle left, and double hand circle l. back of shoulders | 1— 2 |
| $\frac{3}{4}$ arm circle to pos. sidew. right | 3 |
| Double horizontal circles with $\frac{1}{4}$ turn to left..... | 4 |
| Double hand circles forw. outside of arms..... | 5 |
| Lunge forw. left and swing downw. backw. obl... | 6 |
| Swing forw. with hand circles backw. outide of arms to straight arm pos. upw., return to funda- mental pos. and turn to front | 7— 8 |
| Same to opp. directions | 9—16 |
| Repeat | 17—32 |

II.

| | |
|---|-------|
| Double arm circle outw. and double hand circle outw. back of shoulders | 1— 2 |
| $\frac{3}{4}$ arm circle outw. to bent arm pos. front of chest | 3 |
| Horizontal circles outw. and lunge forw. l., arms sidew. | 4 |
| $\frac{1}{2}$ hand circle outw. ("swing over") back of shoulders and raise chest to crossed pos. over- head | 5 |
| Kneel on r. knee and lower crossed clubs in front of chest | 6 |
| Extend arms obl. upw. outw..... | 7 |
| Hand circles in front of arms, to pos. upw..... | 8 |
| Raise at 9th count return l. foot and repeat but begin inward | 9—16 |
| Repeat | 17—32 |

III.

Outward:

- Hand circle outw. l. back of shoulders together
with arm circle r. outw. 1; reverse 2; upper
hand circle l. straight arm, together with large
arm circle r. outw. 3; reverse 4
- Double arm circle outw. to bent arm pos. front of
chest, 5; horizontal hand circle outw., 6; hor-
izontal circle outw. overhead, arms sidew.... 7— 8
- Repeat 9—16

Inward:

- Hand circle r. inw. back of shoulder together with
arm circle l. inw., 1; turn trunk left, hand circle
r. forw. outside of arm and hand circle l. backw.
outside of arm, 2; Same to reserve side..... 3— 4
- $\frac{3}{4}$ arm circle inw. arms sidew., 5; horizontal circle
inw. (arms remain in pos.), 6; horizontal circle
inw. overhead, 7; cross clubs in front of chest
and turn clubs inw. toward chest (and) hand
circle inw. back of shoulders with both arms.. 8
- Repeat 9—16

IV.

- Arm and hand circle to the left in back and front
of shoulders as a follow or mill movement.... 1— 4
- $\frac{3}{4}$ arm circle alternate from l. to r. and double hor-
izontal circle to left alternate 6— 8
- Repeat and finish on right side 9—16
- Repeat all to the right and finish with arms sidew. 17—32

V.

Arm circle with both arms outw., 1; hand circle
 in front and back of shoulders, 2; two small arm
 circles, 3—4; Arms sidew. obl. upw., 5; cross
 clubs overhead, 6; repeat 5—7; hand circle
 outw. back of shoulders 8
 Repeat 9—16
 Same inward, but on 5th count cross clubs over-
 head, arms sidew. obl. upw., 6; repeat 5—7;
 hand circle inw. back of shoulders, 8; repeat.. 9—16

JUN 10 1910

One copy del. to Cat. Div.

JUN 10 1916



